

Ashbourne Slí na Sláinte 4km



Supported and co-funded by Ashbourne Tidy Towns, Meath County Council and Meath Local Sports Partnership. Privately sponsored by local clubs and businesses in Ashbourne.

The Ashbourne Slí na Sláinte route is a 4km picturesque looped route through Ashbourne. The route commences at the Garda Station and proceeds along Milltown Road past the playing fields. At the pedestrian bridge, cross over the Broadmeadow River and continue along the path passing between Gaelscoil na Cille and Ashbourne Community School. On the left you will also pass Ashbourne Community Centre. At the intersection to the old N2 (R135) continue through Alderbrook.

This route continues through Garden City passing by the shopping area and along the back of St. Declan's National School. With Crestwood on the right the path continues to an open green area. Take a left at beginning of the open space towards the old Killelland cemetery. At the laneway leading to the cemetery take a right turn.

Continue along this route towards the roundabout for the GAA club, crossing over the Broadmeadow River once again. Continue straight through the roundabout and as you proceed along Castle Street you will pass Cluain Rí and Kilderry Hall on the left side, with Seagrave Square on the right.

At the intersection with the old N2 (R135) take a right turn back towards the centre of Ashbourne. You will pass St. Declan's Credit Union and further down will pass the Arkle statue.

At the Pedestrian lights in front of the church cross over Frederick Street to Conway's Pharmacy. Continue along the east side of the street to complete the 4km Slí na Sláinte route at Ashbourne Garda Station.

Distance-Time	4 kilometres/approx. 45mins
Difficulty	Easy
Terrain	Road
To Suit	All levels of fitness
Start/Finish Point	Garda Station
Minimum Gear	Walking shoes and rain gear
Grid Ref	53.511357, -6.396966

Ashbourne Slí na Sláinte proudly sponsored by: Ashbourne Tidy Towns, Meath County Council, Meath Local Sports Partnership, St. Declan's Credit Union, Donaghmore Ashbourne GAA, Ashbourne United, Killelland FC, Conway's Pharmacy, Ashbourne Playspace Network.

The Irish Heart Foundation

The Irish Heart Foundation is the national charity fighting heart disease and stroke. We support, educate and train people to save lives, campaign for patients, promote positive health, support research and provide vital public information. We need your support, through donations, as a volunteer or on our training courses.

Slí na Sláinte

Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation — the national heart and stroke charity — it's a sociable way to make walking far more enjoyable. Already, it's capturing the attention of young and old, not only in Ireland but in Europe and other parts of the world too! And no wonder, because it's a fun, healthy way for the average adult to accumulate the recommended minimum of thirty minutes of physical activity five days of the week.

You'll find Slí na Sláinte walking routes all over Ireland. They are marked by bright colourful signposts which are not numbered and are situated at 1km intervals. Simply follow the km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

PLEASE DETACH HERE, PLACE IN AN ENVELOPE AND RETURN TO THE ADDRESS BELOW

THE IRISH HEART FOUNDATION
50 RINGSEND ROAD
DUBLIN 4